

COPD - Adult Asthma

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COPD Common Myths—Don't Believe Them!

“My shortness of breath is just old age.”

“There's nothing my healthcare provider can do except tell me to quit smoking.”

“If I rest more, it will get better.”

My Asthma Wallet Card

We are sending you the “My Asthma Wallet Card.” You can take this card with you when you go to your healthcare provider. This card has information on:

- Common warning signs of an asthma attack
- Questions to talk to your healthcare provider about
- Space for you to add information on your asthma action plan, peak flow and medicines



COPD Information

Many people with COPD stay away from things that they enjoy because they get short of breath more easily. When COPD is severe, shortness of breath and other symptoms can get in the way of doing even basic things such as: doing light housework, taking a walk and even bathing and getting dressed. COPD develops slowly and can get worse over time. Be sure to tell your healthcare provider if you become ill as soon as possible. If you smoke, the best thing you can do is quit.



Asthma Basic Facts

Asthma is on the rise, not just in the United States, but all over the world. It is estimated that approximately 300 million people worldwide have asthma. Asthma is a **chronic** disease like diabetes and high blood pressure. This means that once you develop asthma, you will have it for a lifetime. Right now there is no cure for asthma. Even when you are not having symptoms and you are feeling just fine, the asthma is still there and can flare up at any time.

Your Healthcare Provider Says You Have Asthma

You can breathe easy because asthma can be controlled. But **YOU** need to take an active part in managing the asthma.

You don't have to do this alone. The key to managing your asthma effectively is to work closely with your healthcare provider to learn how to handle your asthma on a routine basis.

COPD and Pulmonary Rehabilitation

My healthcare provider is sending me for pulmonary rehabilitation. What is pulmonary rehabilitation?

Pulmonary rehabilitation is a program for people with long term lung problems. It teaches you about your lungs and your lung problems. It will help you manage your lung problems so you can feel better and be more active. It is important that each program meet the needs of the person. A treatment plan will be developed based on your individual needs.

What type of people will I be working with and what do they do?

A team of healthcare professionals will work with you and your healthcare provider to teach you how to manage your lung problems. Each team is made up of people who have experience in caring for persons with long-term lung conditions. Each team may be different based on your needs. Teams include the following:

- A healthcare provider with a special interest in working with patients with lung problems usually leads the team. They will make sure the program works for you.
- A respiratory therapist can help teach you breathing techniques and proper use of nebulizers and oxygen.
- A physical therapist can help you improve your strength and flexibility.
- An occupational therapist can teach you easy ways of doing everyday activities such as dressing, bathing and doing chores.
- An exercise therapist to help you with physical activity and exercise.
- A psychologist or social worker can teach you ways to cope with your illness.
- A dietitian to make sure you are eating right.



Secondhand Smoke

- An estimated 21% of all adults (45 million people) smoke cigarettes in the United States.
- Secondhand smoke, also known as environmental tobacco smoke, is a complex mixture of gases and particles that include smoke from the burning cigarette, cigar or pipe tip (sidestream smoke) and exhaled mainstream smoke.
- More than 126 million nonsmoking Americans continue to be exposed to secondhand smoke in homes, vehicles, workplaces and public places. Most exposure to tobacco smoke occurs in homes and workplaces.
- Almost 60% of U.S. children aged 3—11 years (or almost 22 million children) are exposed to secondhand smoke.

“No Smoking Section”

There is no such thing as a no smoking section. No amount of secondhand smoke is safe! Here are some unexpected ways you may breathe secondhand smoke every day:

- Sitting in the “no smoking” section, even if it does not smell smoky.
- Riding in a car while someone else is smoking, even if a window is open.
- Being in a house where people are smoking, even if you are in another room.
- Working in any restaurant, warehouse or building that allows smoking inside, even if there is a filter or ventilation system.

